

➡️📱 Soulful IG Carousels That Sell 📈💰 The Heart-Based Method to Share Your Offer 🧡

First, make a copy of this template so you can work on your device. This mini-workshop is for conscious entrepreneurs who want to share their story and create an Instagram carousel post that feels both soulful and engaging. It's designed to help you connect with the right audience while showcasing your offer—paid or free.

Once you've completed your post draft in this Word template, you can transfer everything into the [Canva template](#). Before you do that, I recommend refining your text to make it more succinct—you can even ask ChatGPT to help with that. ;)

NOTE: You don't have to use all 8 slides. Use what serves your message best. If it feels easier for you, start with 5 slides for your first post, and build from there. Try to keep the suggested structure as a foundation.

[Here is an example to inspire you.](#) Please don't copy and paste—instead, make it your own by infusing your own personality, voice, and style, while following the suggested structure.

Slide 1: Stop the scroll and make them curious. Be personal (as long as it feels comfortable)

You might find this surprising, but this is who I was [X] years ago...

Slide 2: Make them feel heard and understood in a respectful way.

I wasn't always exactly the way I am today. I confess I used to...

👉 Write down a limiting belief or unhealthy habit your ideal client struggles with—something you used to experience too, but have now overcome or learned to manage thanks to your method, service, or program.

Slide 3: Continue helping them relate to your story by adding another one or two examples.

👉 Write down a second limiting belief or unhealthy habit your ideal client struggles with.

👉 (Optional) Add a third example if you'd like to deepen the connection.

Slide 4: Help them relate even more deeply by describing the “turning point” in your story.

Over time, I realized none of these [limiting beliefs/unhealthy habits] were actually helping me create the life I truly wanted.

Slide 5: Show empathy for that past version of yourself (which they are right now). Show your humanity. Inspire them.

When I decided it was time for me to [insert something your dream client is working on right now and wants to improve], I didn't reach my goals right away. Quite the opposite, actually... There were a LOT of setbacks. Many times I felt like giving up, but today, none of those thoughts dictate my day-to-day decisions.

👉 Write something your dream client is working on right now and wants to improve.

Slide 6: Introduce your service/program/offer as the solution.

But then, thanks to [insert what was helpful for you—related to your service/program/offer], I changed how I approached the challenge: one small step at a time. That's when it clicked.

And that's exactly why and how I created—and what I now teach in—[Name of your service, program, or offering].

👉 Write what was helpful for you—related to your service/program/offer.

Slide 7: Emphasize the value of having a clear framework. Briefly describe your method/framework. Show them the benefits and your belief in your method and program.

Having a step-by-step method is essential—especially one that's proven to work. This framework is helping me [insert your dream client's desired outcome—you know how to get them there].

👉 Write your dream client's desired outcome—you know how to get them there

This is the framework I use in my program, [name of the program/offer]. Here's how it works:

👉 Step 1

👉 Step 2

👉 Step 3 (add more if needed)

The benefit of [name of your program] is that it allows me [and/or my students/clients] to follow a framework that feels [insert how it feels—e.g., empowering, nourishing], not like [insert negative—e.g., punishment, pressure, hustle]. That's what truly makes a difference in the long run.

Slide 8: Personal and empowering closing + ONE call to action - ie: What's the next step? (CTA):

And this is exactly what I want for you: [insert your dream client's desired outcome and transformation]. It all comes down to ONE decision—[insert ONE CTA - ie: What action the reader needs to take? "Let's chat, DM me the word "xxxx" share your story with me, etc".]

👉 Borrow from slide #7: Write your dream client's desired outcome and transformation.

👉 Insert ONE CTA: Let's chat, DM me the word "growth," share your story with me, etc

Have fun! And once you've posted it, don't forget to tag me or share it via DM [@yoga.biz.mentor](https://www.instagram.com/yoga.biz.mentor).

What's Next? Need the best support for your business right now? Explore my [Strategy Sessions](#).